

***The Art of Empathy Retreat***  
*How to Balance Self-Care with Healthy Relationships*

## Continuing Education Credit Information

**This event is co-sponsored by R. Cassidy Seminars**

866-992-9399 X105 ▪ 707-566-7470 X105

Fax: 707-566-7474 ▪ [www.rcassidy.com](http://www.rcassidy.com)

Register here: <https://www.academeca.com/CEUReg/SeminarInfo.aspx?seminarId=1399>

## Course Information

### Target Audience

**The Art of Empathy Retreat** is intended for students, elders, youth, artists, counselors, healthcare professionals, highly empathic people, or people who are struggling with emotions or empathy. **25.5 hours** of CE Units are available to Nurses, Social Workers, Psychologists, Counselors, MFTs, Chemical Dependency Counselors, and Educators. See below for your state's requirements.

### Location/Date(s)/Times

**Kripalu Center** in Stockbridge, Massachusetts from Sunday, February 5<sup>th</sup> through Friday, February 10<sup>th</sup>, 2017

### Course Description

Many of us struggle with empathy – or burn out – simply because we weren't taught how empathy should work. In this six-day learning retreat at the Kripalu center, you'll join empathy pioneers Karla McLaren, M.Ed. and Amanda Ball, MS in an experiential exploration of [\*The Art of Empathy\*](#).

No matter where you start — whether you're highly empathic or whether you're having difficulty accessing your empathy — you'll learn how to work with empathy in grounded and accessible ways. If your empathy is too intense, you'll learn how to manage it more comfortably, and if empathy is confusing or difficult for you, you'll learn how to work with it more skillfully. No matter where you start, you'll learn how to balance connection and intimacy with self-awareness, and you'll learn how to develop healthy and sustainable empathy.

### Course Objectives

Participants will be able to:

- Identify, categorize, and articulate between and among the six different aspects of empathy and construct a mental model of how they interrelate.
- Practice and teach the Empathic Mindfulness skills to create focus and relaxation.
- Practice and teach the self-care and empathy practices to create emotional skills and awareness and healthy empathy.
- Explain any precautions, contraindications, or modifications needed when working with intense emotional states such as panic, depression, hatred, or suicidal ideation.
- Identify hidden emotion work requirements and develop support structures to reduce empathic burnout and compassion fatigue.

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### Agenda

*Note to participants:* This agenda contains the outline of the topics that will be covered; however, the order and duration of each topic may change based on the needs and understanding of the participants.

Session Time/Day	Activity	Learning Objective(s) and Presenter Teaching Session
<b>Sunday Night</b>		
5:30–7:30 pm	Dinner	
7:30–9:00 pm	Program session	<ul style="list-style-type: none"> <li>▪ Identify, categorize, and articulate between each of the Six Essential Aspects of Empathy</li> <li>▪ Practice and teach Emotion Regulation skills</li> </ul>
<b>Monday</b>		
7:30–9:00 am	Breakfast	
9:00 am–12:00 pm	Program session	<ul style="list-style-type: none"> <li>▪ Distinguish the difference between Emotion Contagion and Emotion Regulation</li> <li>▪ Identify and articulate the differences between empathy, sympathy, generosity, and compassion</li> <li>▪ Study and summarize the benefits of Emotion Regulation skills for patients, clients, and students</li> </ul>
12:00–1:30 pm	Lunch	
1:45–3:45 pm	Program session	<ul style="list-style-type: none"> <li>▪ Learn and practice specific skills to reduce empathic burnout and compassion fatigue</li> <li>▪ Explain and summarize international and multidisciplinary research on emotions and empathy</li> </ul>
5:30–7:30 pm	Dinner	
<b>Tuesday</b>		
7:30–9:00 am	Breakfast	
9:00 am–12:00 pm	Program session	<ul style="list-style-type: none"> <li>▪ Summarize the therapeutic benefits of empathy for patients, clients, and students</li> <li>▪ Deepen study of the Six Essential Aspects of Empathy and identify specific areas of strengths and challenges</li> <li>▪ Learn and practice numerous empathic communication skills to develop, increase, or repair relationship bonds</li> </ul>

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<b>12:00–1:30 pm</b>	<b>Lunch</b>	
<b>1:45–3:45 pm</b>	<b>Program session</b>	<ul style="list-style-type: none"> <li>▪ Practice and study the empathic skill of <b>Getting Grounded</b> to create focus, relaxation, and mindfulness</li> <li>▪ Practice and study the empathic skill of <b>Defining Boundaries</b> to create separation and privacy that support internal emotional work</li> </ul>
<b>5:30–7:30 pm</b>	<b>Dinner</b>	
<b>Wednesday</b>		
<b>7:30–9:00 am</b>	<b>Breakfast</b>	
<b>9:00 am–12:00 pm</b>	<b>Program session</b>	<ul style="list-style-type: none"> <li>▪ Practice and teach the empathic skill of <b>Burning Contracts</b> to identify, assess, and release uncomfortable behaviors or attitudes</li> <li>▪ Practice the empathic skill of <b>Conscious Complaining</b> to create awareness of issues that hinder personal growth</li> <li>▪ Practice and study the empathic skill of <b>Self-Rejuvenation</b> to create a simple and portable self-soothing practice</li> </ul>
<b>12:00–1:30 pm</b>	<b>Lunch</b>	
<b>1:45–4:45 pm</b>	<b>Program session</b>	<ul style="list-style-type: none"> <li>▪ Identify signs of hyper-empathy in clients or students and utilize numerous techniques to help reduce empathic hyper-activation</li> <li>▪ Identify, categorize, and articulate between and among the different emotions and construct a mental model of how they interrelate</li> <li>▪ Identify and distinguish the different emotional states by dramatizing the emotions in an exercise called <b>Emotion Theater</b></li> </ul>
<b>5:30–7:30 pm</b>	<b>Dinner</b>	
<b>Thursday</b>		
<b>7:30–9:00 am</b>	<b>Breakfast</b>	

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9:00 am–12:00 pm	Program session	<ul style="list-style-type: none"> <li>▪ Identify and articulate the difference between anger, hatred, rage, and rage-related depression</li> <li>▪ Identify and articulate the difference between fear, anxiety, worry, and panic</li> <li>▪ Identify and articulate the difference between sadness, despair, grief, and depression</li> </ul>
12:00–1:30 pm	Lunch	
1:45–3:45 pm	Program session	<ul style="list-style-type: none"> <li>▪ Identify the different messages contained in happiness, contentment, joy, and exhilaration</li> <li>▪ Compare jealousy and envy and identify the separate purposes of each emotion</li> </ul>
5:30–7:30 pm	Dinner	
<b>Friday</b>		
7:30–9:00 am	Breakfast	
9:00–11:00 am	Program session	<ul style="list-style-type: none"> <li>▪ Examine and evaluate the emotional "masking states" of apathy and confusion</li> <li>▪ Explain any precautions, contraindications, or modifications needed when working with intense emotional states such as panic, depression, hatred, or suicidal ideation</li> </ul>
11:30 am–1:30 pm	Lunch	
12:00 noon	Check-Out Time	

**Presenter Biographies**

**Karla McLaren, M.Ed.** is an award-winning author, social science researcher, and empathy pioneer. Her lifelong work focuses on her grand unified theory of emotions, which revalues even the most “negative” emotions and opens startling new pathways into self-awareness, effective communication, and healthy empathy. She is the founder and CEO of Emotion Dynamics LLC.

Karla has also developed the groundbreaking *Six Essential Aspects of Empathy* model that highlights all of the processes in healthy empathy and makes them easily understandable, accessible, and attainable. This fully realized model teaches people how to access, develop, and manage their empathy intentionally. It also explicitly welcomes people who have been exiled from earlier models of empathy (such as men, boys, and autistic people).

Her applied work, *Dynamic Emotional Integration*<sup>®</sup>, is a leading-edge training program and consultation process to help people develop keen emotional awareness, healthy empathic skills, and emotionally-respectful mindfulness practices.

Karla is the author of *The Art of Empathy: A Complete Guide to Life’s Most Essential Skill* (2013), *The Language of Emotions: What Your Feelings are Trying to Tell You* (2010), and the multi-media

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online course *Emotional Flow: Becoming Fluent in the Language of Emotions* (2012). Her interests include occupational sociology, linguistic anthropology, neurodiversity, and disability rights.

**Amanda Ball, M.S.** has her Master's Degree in Mental Health Counseling. She focused her academic studies and internship on the work in *The Language of Emotions* and *The Art of Empathy*, and developed emotional skills curriculum and grief and trauma process groups for high school students.

Amanda is the administrator of Emotion Dynamics LLC, and she is double-licensed as a ***Dynamic Emotional Integration***<sup>®</sup> Trainer and Consultant.

Amanda is also a lead instructor of ***Dynamic Emotional Integration***<sup>®</sup>, and her professional interests include emotions & empathy, addiction & distractions, neurodiversity, trauma healing, and gender & sexuality. She divides her time between Northern California and New England.

### **Costs/Registration Information**

**\$415** for the 6-day retreat, plus lodging options. Advance online registration at: <https://kripalu.org/presenters-programs/art-empathy-balancing-self-care-and-healthy-relationships>

### **CE Credits Available**

**25.5 credit hours** for Nurses, Social Workers, Psychologists, Counselors, MFTs, Chemical Dependency Counselors, and Educators (see below), based on attendance for all six days.

### **CE Costs and Registration**

25.5 credit hours are available from Cassidy Strategic for **\$40**. Register with Cassidy here: <https://www.academeca.com/CEUReg/SeminarInfo.aspx?seminarId=1399>

### **Cancellation/Grievance Policies**

**Kripalu Cancellation Policy:** Payments made will be refunded in full (less a \$50 processing fee) if you cancel 14 or more days prior to your arrival date. If you cancel between 13 days and 1 day in advance, a nonrefundable credit (less a \$50 processing fee) will be held for one year from the date of issue. No credit or refund is available if you cancel on your arrival day, if you do not show up, or if you leave a program or event early.

Kripalu reserves the right to cancel any program at any time. In this event, you will be given a complete refund. See Kripalu's Registration and Arrival page for more information: <https://kripalu.org/stay/registration-arrival>

**For Kripalu airport shuttle transportation:** A full refund is available if you cancel at least three days in advance. No refund is available if less than three days' notice is given.

**Grievances:** Staff and management of Emotion Dynamics LLC are dedicated to professional, inclusive, accessible, legal, and ethical practices. Grievances of any nature can be handled informally through verbal communication, or can be submitted in writing within 30 days of the workshop to [info@emotiondynamics.org](mailto:info@emotiondynamics.org) or to PO Box 2234, Windsor, CA 95492. Grievances will be handled with the utmost concern for the dignity and autonomy of the aggrieved party.

**Grievances with Kripalu:** Kripalu's staff is available at all times to handle any issue or situation that arises. The staff at the front desk will address any concerns quickly and professionally.

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**Continuing Education Credit Designation Statements**

**Satisfactory Completion**

Participants must have paid the tuition fee, signed in, attended the entire seminar, completed an evaluation, and signed out in order to receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

**Psychologists**

R. Cassidy Seminars is approved by the American Psychological Association (APA) to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program. 25.5 CE hours.

**Social Workers**

Cassidy Seminars, ACE provider #1082, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) Program. R. Cassidy Seminars maintains responsibility for the program. Approval Period: April 15, 2015-April 15, 2018. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive 25.5 continuing education clock hours.

**CA:** The Board of Behavioral Sciences has deferred CE course approvals to APA and ASWB for its licensees. See those approvals under Psychologists and Social Workers

**NY:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider (#0006) of continuing education for licensed social workers. This program is approved for 25.5 contact hours live

**OH:** Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for 25.5 clock hours, #RCST110701

**Counselors/Marriage and Family Therapists**

**CA:** The Board of Behavioral Sciences has deferred CE course approvals to APA and ASWB for its licensees. See those approvals under Psychologists and Social Workers.

**Other States:** If your state is not specifically listed, nearly all state Counselor and MFT boards accept either APA or ASWB approval, or are reciprocal with other state licensing board approvals, such as those listed below. Check with your board to be sure. The Ohio Board includes Counselors and MFTs.

**IL:** Illinois Dept of Professional Regulation, Approved Continuing Education Sponsor, #168-000141. 25.5 CE hours.

**OH:** Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for 25.5 clock hours, #RCST110701

**TX:** Approved CE Sponsor through the Texas State Board of Examiners of Marriage & Family Therapists. 25.5 CE hours. Provider #151

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**Chemical Dependency Counselors**

**CA:** Provider approved by CCAPP, CCAPP Provider #4N-00-434-0218 for 25.5 CEHs. CCAPP is an ICRC member which has reciprocity with most ICRC member states

**TX:** Provider approved by the TCBAP Standards Committee, Provider No. 1749-06, 25.5 hours general, Expires 3/31/2017. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 1005 Congress Avenue, Ste. 460, Austin, Texas 78701, Fax Number (512) 476-7297.

**Educators**

**TX:** R. Cassidy Seminars is an approved provider with the Texas Education Agency CPE# 501456. This course is 25.5 CE Hours.

**Nurses**

**CA:** Provider approved by the CA Board of Registered Nursing, Provider #CeP12224, for 25.5 contact hours. Some state nursing boards are reciprocal. Check with your licensing board to be sure.

**Disability Access**

If you require ADA accommodations please contact our office 30 days or more before the event. We cannot ensure accommodations without adequate prior notification.

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**Please Note:** Licensing Boards change regulations often and while we attempt to stay abreast of their most recent changes, if you have questions or concerns about this course meeting your specific board's approval, we recommend you contact your board directly to obtain a ruling.